



**Teresa May, Ph.D.**  
**Director**

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## **WOMEN HELPING OURSELVES (WHO)**

**2312 Atascocita Rd., Humble, Texas 77396**

### **OPEN / Program Supervisor**

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### **PROGRAM DESCRIPTION**

The Harris County CSCD Women Helping Ourselves Program (WHO) is a 95 bed residential program designed to provide the Criminal Courts of Harris County with a residential program and aftercare support program for women with a Substance Abuse History.

### **TARGET POPULATION:**

- Adult female offenders, 17 years of age and older and/or juvenile offenders 15-16 years old that have been certified as adults.
- Clients must have an assessed history of substance abuse and need a structured residential treatment program.
- Clients should have needs in the following areas:

Emotional Stability	Cognitive Deficiencies	Family Conditions
Interpersonal Relationships	Educational/Employment Issues	
- Clients with either felony or misdemeanor offenses are eligible. Misdemeanors must be assessed as high risk/needs and can comprise up to a maximum of 20% of the total program participants.
- Clients with Title 5 and sex offenses are eligible.
- Clients can be stipulated either as an initial Condition of Supervision or Modified Condition of Supervision.

### **Short Term Program** (3 to 6 months)

- This program is designed for high functioning clients that may not have participated in any residential treatment programs and/or have failed to attend or participate in outpatient treatment programs.
- Clients who abuse substances despite the consequences and may have tested positive several times on urinalysis.
- Clients that score Medium to High on the LSIR in the subcomponent Alcohol/Drug Problem area.

### Long Term Program (6 to 12 months)

- This program is designed for high risk chemically dependent clients in need of longer exposure to a structured treatment environment.
- Clients that may have had failed attempts in treatment programs.
- Clients that score High to Very High on the LSIR in the subcomponent Alcohol/Drug Problem area.

Harris County CSCD will also offer residential services in the community for up to 17 clients that are ineligible for the WHO program due to pregnancy, new born infants, and medical or mental health conditions that cannot be appropriately addressed at WHO. These clients will be placed with The Santa Maria Hostel (contract residential treatment provider) located in the local community, which will offer similar gender-responsive treatment services as provided in the WHO program. Clients with sex offenses are not eligible for placement at Santa Maria Hostel.

**A Level of Service Inventory – Revised (LSIR) must be completed and recommend placement in a residential program prior to placing a client on the waiting list; assessed medium to high risk/needs.**

## **PROGRAMS AND ACTIVITIES**

Treatment plans (client contract) will be developed with each client based on substance abuse assessment and evaluation and other assessments gathered during the intake process. They will participate in a phased residential program individually designed to meet their needs with respect to substance abuse, criminogenic needs, cognitive skills, education, and positive peer interaction. All clients will participate in group and individual counseling and a Cognitive Training program aimed at increasing their cognitive and social skills. An Employment Specialist will aid clients with job search, certification training and employment soft-skills needed for a pro-social lifestyle. As needed, clients will be placed in educational programs. Cognitive programs will be incorporated with a modified therapeutic community treatment approach, which will provide a family style structured environment focusing on changing clients' negative attitudes and behaviors, teaching clients to take responsibility for their own thoughts and behaviors, and giving them the tools to succeed in a non-structured community setting. All clients will participate in the Modified Therapeutic programming, physical fitness activities (based on individual ability), ROPES challenge course, Adult Education, and employment preparation training.

## **EXCLUSIONS TO ADMISSION:**

Exclusions to Admission to WHO:

- Pregnant females are not eligible for placement at WHO
- Post Partum pregnancy – must have eight (8) weeks recovery and a medical release from the OB/GYN

- Post surgical recuperation (1-4 months depending on surgery type -reviewed on and individual basis)
- There are no recent suicide attempts or documentation of suicidal ideations precautions within the last 30 days
- Significant mental retardation
- Auditory/Visual Hallucinations
- Active Psychosis
- Clients with a history of mental health diagnosis
- Need of Detoxification
- Dialysis or severe renal (kidney) disorders
- Chronic or severe stomach, colon, bowel disorders
- Need for chronic pain management with prescribed narcotics medications
- Quarantine patients
- Diabetes – insulin dependent
- No active gastro intestinal bleeding or colostomy
- Clients with fulminate Hepatitis (liver failure)
- Bleeding disorders
- MRSA with presence of boils
- Clients who have previously been discharged from in-patient treatment for **substantial** program non-compliance will be staffed for placement on a case by case basis.
- Status epilepticus (continued seizures that cannot be controlled with medications)

## **LENGTH OF PROGRAM**

The **Short Term program** is a minimum of 3 to 6 months in length and the **Long Term program** is a minimum of 6 to 12 months followed by approximately 6 months in aftercare/special programming in the community, which includes intensive supervision to continue monitoring the client's progress. The client will participate in approximately 3 months of continued counseling with HCCS&CD counselors or a treatment provider. Out of county clients will normally be expected to return to the sending county and participate in appropriate aftercare supervision.

## **PROGRAM OBJECTIVES:**

- Education – GED where needed
- Gender responsive treatment services – addressing their substance abuse
- Opportunity to change negative attitudes and behaviors
- Assume responsibility for own thoughts and behaviors
- Develop skills to succeed in a non-structured community setting

## **AFTERCARE (supervision in the community)**

Prior to discharge, the client, along with the residential and counseling staff will compose an aftercare treatment plan (client contract). This plan will address the client's needs with respect to continuing substance abuse treatment, education, employment, and lifestyle issues all with the goal of relapse prevention. Aftercare will consist of a six-month reintegration phase supervised by the residential Community Supervision Officers. The clients will focus on maintaining a sober pro-social lifestyle in the community while continuing education, vocational training, seeking employment, job retention, attending specialized outpatient programs, attending program counselor aftercare sessions, restoring and building positive family relationships, and continuing sobriety. For out of county clients returning to the sending county, appropriate aftercare supervision is the responsibility of the sending county.

## **REFERRAL/ADMISSION PROCESS:**

- The Court Liaison Officer or Region Officer CSO) refers the client to complete an assessment through the HCCSCD Assessment Unit or through the appropriate Region Assessment Specialist.
- The LSI-R assessment will determine the need for treatment and residential placement.
- If residential placement is needed, the Assessment Unit or Region CSO will submit the client's assessment information for the Residential Review using email address (csc) Residential Review.
- If appropriate for substance abuse treatment in a residential setting, the Residential Review will notify the CLO or Region CSO of the assessment and residential review results.
- The CLO or Region CSO completes the Conditions of Community Supervision with the appropriate residential program wording. (If the Court had already stipulated a program, the CLO will ensure the prior stipulation is appropriate).

## **WORDING NEEDED WHEN AMENDING CONDITIONS OF COMMUNITY SUPERVISION**

### **Used mainly by CLO for original orders and client is in Jail**

You are committed to the HCCS&CD Women Helping Ourselves (WHO) Program beginning {{WHOBeginDateCS}} OR WHEN SPACE IS AVAILABLE. Remain in this facility under custodial supervision and comply with all program rules, regulations, contracts and guidelines of the facility until successfully discharged or released by further order of the Court. You will also complete the Aftercare Program that is outlined in your discharge summary until successfully completed or discharged by order of the Court. **Remain in the Harris County Jail until space becomes available in WHO. Report to [Court] Court if you are found to be medically or psychologically unfit for participation.** {{Comments}}

### **Used mainly by CSO for amended orders and client is reporting to Region**

You are committed to the HCCS&CD Women Helping Ourselves (WHO) Program beginning {{WHOBeginDateCS}} OR WHEN SPACE IS AVAILABLE. Remain in this facility under custodial supervision and comply with all program rules, regulations, contracts and guidelines of the facility until successfully discharged or released by further order of the Court. You will also complete the Aftercare Program that is outlined in your discharge summary until successfully completed or discharged by order of the Court. **Report to the {{ProgramUnit}} region at a maximum LOS until a bed becomes available at WHO. Report to [Court] Court if you are found to be medically or psychologically unfit for participation.** {{Comments}}

Participate in the HCCSCD Residential Aftercare Specialized Caseload beginning upon discharge from a HCCSCD residential facility. Comply with all program rules, regulations and guidelines until successfully discharged or released by further order of the Court.

**(Con't.) REFERRAL/ADMISSION PROCESS:**

The CLO or Region CSO emails the client information to **(CSC) Residential Services** requesting placement on the residential program waiting list. The file is then forwarded to the appropriate program.

- If the referred client is not in jail custody and continues to report to the CLO or Region CSO while waiting to enter the residential program, then the file is to remain with the supervising officer until the client is confirmed to have entered the program. The file is then forwarded to the appropriate program.
- The order of the program wait list is arranged according to the date that the client was approved for the program or the date of referral by the CLO or Region CSO requesting placement on the wait list.
- The CLO or Region Officer emails the client information to (CSC) Residential Services requesting placement on the residential program waiting list. The file is then forwarded to the appropriate program.
- If the referred client is not in jail custody and continues to report to the Region Officer or CLO while waiting to enter the residential program, then the file is to remain with the supervising officer until the client is confirmed to have entered the program. The file is then forwarded to the appropriate program.
- The order of the program wait list is arranged according to the date that the client was approved for the program or the date of referral by the CLO or Region Officer requesting placement on the wait list.

**Note: All Pre-Admission Health Screening Forms shall be reviewed by WHO Medical staff to determine if further medical assessments are needed prior to placement in a residential facility.**